

Date _____

Guided Reading Activity 9.1 (Continued)

FOR USE WITH CHAPTER 21, LESSON 1

5. Name five body systems. Briefly explain how tobacco damages each.

Body System

Damage Caused by Tobacco

body system

Name _____

Class _____

Date _____

Activity 78

Guided Reading Activity

FOR USE WITH CHAPTER 21, LESSON 2

Directions: Briefly answer the following questions in the space provided.

1. Describe the steps of the STOP approach to help someone quit using tobacco.

S _____
T _____
O _____
P _____

2. Complete the diagram below.

Benefits of becoming smoke-free:

20 minutes:

Eight hours:

24 hours:

48 hours:

Three days:

Two to three weeks:

One to nine months:

One year:

Five years:

Ten years:

Lesson Quiz 78

Lesson Quiz

FOR USE WITH CHAPTER 21, LESSON 2

Directions: In the space provided, write the letter of the choice that best completes the statement or answers the question.

- _____ 1. Approximately _____ percent of adult smokers start when they are teens.
 - a. 50
 - b. 90
 - c. 20
 - d. 5
- _____ 2. All of the following are listed as factors contributing to the decline in teen smoking EXCEPT
 - a. antismoking campaigns.
 - b. financial costs.
 - c. societal pressures.
 - d. the smoking habits of celebrities.
- _____ 3. In the STOP approach to helping a friend quit smoking, what does the T stand for?
 - a. Take the cigarettes away.
 - b. Take it easy.
 - c. Take time to plan.
 - d. Take another look.
- _____ 4. After a smoker quits, oxygen levels return to normal in roughly
 - a. 20 minutes
 - b. 8 hours
 - c. 48 hours
 - d. 3 days
- _____ 5. Benefits of staying tobacco free include
 - a. lower risk of cancer.
 - b. better lung function.
 - c. lower levels of stress.
 - d. all of the above

II. Directions: In the space provided, write the word(s) from the list that best complete(s) the statement.

6. Physical activity and good nutrition are among the _____ that can help a person quit tobacco.
7. The Centers for Disease Control and Prevention report that _____ among teens have declined.
8. Irritability, anxiety, and cravings are among the symptoms of _____.
9. By preparing to say no if you are offered tobacco, you are practicing _____.
10. A _____ is a product that delivers a small amount of nicotine to ease the quitting process.

nicotine withdrawal
 nicotine substitute
 refusal skills
 healthful behaviors
 smoking rates

Lesson Quiz 79**Lesson Quiz**

FOR USE WITH CHAPTER 21, LESSON 3

- I. Directions: Read each statement carefully. If the statement is true, place a plus (+) in the space provided. If the statement is false, cross out the italicized word(s) and write the correct word(s) in the space provided.

- _____ 1. ETS is a Department of Health and Human Services program to promote health nationwide.
- _____ 2. Smoke exhaled from the lungs of a smoker is called *dirty air*.
- _____ 3. Smoke from the burning end of a cigarette, pipe, or cigar is called *hot smoke*.
- _____ 4. The risk of *sudden infant death syndrome (SIDS)* is two and a half times greater among babies of smokers than babies of nonsmokers.
- _____ 5. The term *environmental tobacco smoke* refers to air contaminated by tobacco smoke.

- II. Directions: In the space provided, write the letter of the choice that best completes the statement or answers the question.

- _____ 6. Because teens can obtain tobacco illegally, _____ are being removed from unsupervised areas.
- a. tobacco stands c. tobacco licenses
b. cigarette machines d. gas stations
- _____ 7. Smoke from the lit end of a cigarette has _____ concentrations of carcinogens and nicotine compared to cigarette smoke exhaled from the lungs of a smoker.
- a. higher c. about the same
b. lower d. inconsistent
- _____ 8. If a pregnant female smokes, the carbon monoxide in the smoke
- a. reduces oxygen levels in the mother's blood only.
b. reduces oxygen levels in the fetus's blood only.
c. reduces oxygen levels in both the mother's and the fetus's blood.
d. has no effect on the mother or the fetus.
- _____ 9. Compared to the children of nonsmokers, the children of smokers are
- a. almost three times more likely to smoke.
b. almost three times less likely to smoke.
c. about half as likely to smoke.
d. neither more nor less likely to smoke.
- _____ 10. Which of the following is a consequence affecting infants who are exposed to ETS?
- a. increased risk of asthma
b. increased risk of tonsillitis
c. increased risk of respiratory tract infections
d. All of the above affect infants exposed to ETS.